

# FORGING THE FUTURE:



Visit the Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

Subscribe to this publication  
by visiting our web site.  
Look under Resources for  
Friday Facts information

## Friday FACTS

23 April 1999

"Leadership, Partnership, and Championship"



**Tobacco Free Initiative**



### May 31 is *World No Tobacco Day*

The vast majority of smokers who have or who will quit will use a largely self-directed program. Check out the self-directed smoking cessation program at:

<http://www.who.int/toh/worldnotobacco99/english/Self.htm>

#### TOBACCO CORNER

Share your Tobacco Cessation related presentations, LTGs, briefs, and projects with Mark Long at [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil).

A **Primary Prevention Tobacco Program** devised for the schools which has been validated is **Project T.N.T.**

**Towards No Tobacco Use** developed by the Institute for Health Promotion and Disease Prevention Research at the University of Southern California and is available from ETR Associates 1-800-321-4407 or <http://www.etr.org>.

Another useful "show n tell" item for smokeless/spit tobacco is Mr. Dip Lip available at 1-800-299-3366 (Health EDCO).



### NEWS FLASH!

The **Naval Reserve Health Promotion Program** Policy has recently been signed by the Commander, Naval Reserve Force (COMNAVRESFOR). Its purpose is to maximize healthy lifestyles to increase individual and total force readiness. The instruction provides guidance for implementation and evaluation of Naval Reserve Health Promotion Programs. The "Total Force" concept, which stresses integration with current Navy HP is the focal point of this policy. Watch for it: <http://www-nehc.med.navy.mil/hp>.



The Air Force has a pamphlet (56 pages) **PPIP CORNER** on Implementing Put Prevention Into Practice that may provide PPIP coordinators with some ideas as they develop their own PPIP programs. The publication (AF Pamphlet 44-155) is available at <http://afpubs.hq.af.mil>



### MAY IS NATIONAL BIKE MONTH

Discover the *Thrill of Bicycling* during **Bike To Work Day May 21.**

Now is the time to plan your Bike Month and Bike-To-Work-Day.

Bicycling is among the most popular activities in the United States, as reported in USA Today. An estimated 47.9 million individuals

participate each year. National Bike Month provides an opportunity for local communities to promote bicycling as an environmentally-friendly transportation, personal wellness exercise-vehicle, and a fun recreational activity.

Each May for 42 years, the League of American Bicyclists has sponsored and promoted National Bike Month to share the joy of bicycling with the entire United States. Highlights of this month-long fete are educational programs, bicycle commuting events, trail work days, bicycle helmet promotions, and much more. Visit

<http://www.bikeleague.org/ec2/bkmonth/bkmonth.htm> for the Organizer's Kit.

**national Bike month**



**DO YOURSELF A FLAVOR 1999 !!!** Graham Kerr's Sound bites provide easy tips and ideas that inspire Americans to eat 5 A DAY. The 1999 edition for Spring and Summer are now available for downloading from the **nutrition page** at <http://www-nehc.med.navy.mil/hp>!

**Whatever you do, do it sincerely; eventually it will become the bridge to your wholeness. Carl Jung**